



# **Bodhicitta: Cultivating the Compassionate Mind of Enlightenment**

Losang Gyatso

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One is unlikely ever to receive a Tibetan Buddhist teaching on either sutra or tantra in which Bodhicitta does not have a central role. Bodhicitta, the compassionate mind which aspires to attain full enlightenment in order to benefit beings, is the very quintessence of the Mahayana path of Buddhist practice. In this practical handbook, Ven. Lobsang Gyatso describes the classical methods for developing the mind of enlightenment and based on his experience as a meditator and a teacher examines a wide range of obstacles to its development.



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